WHAT IS CLAIMED IS:

1. An actuator arm assembly for a disk drive, the actuator arm assembly being stamped from a single flat sheet of material and comprising:

a first actuator arm portion defining a first latch portion;

a second actuator arm portion defining a second latch portion configured to latch with the first latch portion, and

an actuator arm-joining portion integrally joining the first actuator arm portion to the second actuator arm portion.

2. The actuator arm assembly of claim 1, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein the actuator arm-joining portion is configured to bend into an orientation that is substantially parallel to the pivot axis.

3. The actuator arm assembly of claim 1, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein the first latch portion is configured to bend into an orientation that is substantially parallel to the pivot axis.

4. The actuator arm assembly of claim 1, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein both the actuator arm-joining portion and the first latch portion are configured to bend into orientations that are substantially parallel to the pivot axis.

5. The actuator arm assembly of claim 1, wherein the first actuator arm portion includes a first surface defined by a thickness and a length of the first actuator arm portion and wherein the second actuator arm portion includes a second surface defined by a thickness and a length of the second actuator arm portion and wherein prior to bending, the first surface faces and is parallel to the second surface.

6. The actuator arm assembly of claim 1, wherein the first actuator arm portion defines a first surface that defines a first through bore, the second actuator arm portion defines a second surface that defines a second through bore that is configured to align with the first through bore.

7. The actuator arm assembly of claim 1, wherein the actuator arm-joining portion and the first latch portion are configured to bend such that a major surface of the first actuator arm portion faces and is substantially parallel to a major surface of the second actuator arm portion.

8. A head stack assembly for a disk drive, the head stack assembly comprising:

an actuator arm assembly stamped from a single flat sheet of material and comprising:

a first actuator arm portion defining a first latch portion;

a second actuator arm portion defining a second latch portion configured to latch with the first latch portion;

an actuator arm-joining portion integrally joining the first actuator arm portion to the second actuator arm portion, and

a first head gimbal assembly coupled to the actuator arm assembly.

9. The head stack assembly of claim 8, further including a second head gimbal assembly coupled to the second actuator arm portion.

10. The head stack assembly of claim 8, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein the actuator arm-joining portion is configured to bend into an orientation that is substantially parallel to the pivot axis.

11. The head stack assembly of claim 8, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein the first latch portion is configured to bend into an orientation that is substantially parallel to the pivot axis.

12. The head stack assembly of claim 8, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein both the actuator arm-joining portion and the first latch portion are configured to bend into orientations that are substantially parallel to the pivot axis.

13. The head stack assembly of claim 8, wherein the first actuator arm portion includes a first surface defined by a thickness and a length of the first actuator arm portion and wherein the second actuator arm portion includes a second surface defined by a thickness and a length of the

second actuator arm portion and wherein prior to bending, the first surface faces and is parallel to the second surface.

14. The head stack assembly of claim 8, wherein the first actuator arm portion defines a first surface that defines a first through bore, the second actuator arm portion defines a second surface that defines a second through bore that is configured to align with the first through bore.

15. A disk drive, comprising:

a disk;

a head stack assembly for reading and writing to the disk, the head stack assembly comprising:

an actuator arm assembly stamped from a single flat sheet of material and comprising:

a first actuator arm portion defining a first latch portion;

a second actuator arm portion defining a second latch portion configured to latch with the first latch portion;

an actuator arm-joining portion integrally joining the first actuator arm portion to the second actuator arm portion, and

a first head gimbal assembly coupled to the actuator arm assembly.

16. The disk drive of claim 15, further including a second head gimbal assembly coupled to the second actuator arm portion.

17. The disk drive of claim 15, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein the actuator arm-joining portion is configured to bend into an orientation that is substantially parallel to the pivot axis.

18. The disk drive of claim 15, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein the first latch portion is configured to bend into an orientation that is substantially parallel to the pivot axis.

19. The disk drive of claim 15, wherein the actuator arm assembly is configured to pivot about a pivot axis and wherein both the actuator arm-joining portion and the first latch portion are configured to bend into orientations that are substantially parallel to the pivot axis.

20. The disk drive of claim 15, wherein the first actuator arm portion includes a first surface defined by a thickness and a length of the first actuator arm portion and wherein the

second actuator arm portion includes a second surface defined by a thickness and a length of the second actuator arm portion and wherein prior to bending, the first surface faces and is parallel to the second surface.

21. The disk drive of claim 15, wherein the first actuator arm portion defines a first surface that defines a first through bore, the second actuator arm portion defines a second surface that defines a second through bore that is configured to align with the first through bore.

22. A method of making an actuator arm assembly for a disk drive, comprising the steps of:

providing a flat sheet of material;

stamping the actuator arm assembly from the provided sheet of material such that the stamped arm assembly includes:

a first actuator arm portion defining a first latch portion;

a second actuator arm portion defining a second latch portion configured to latch with the first latch portion, and

an actuator arm-joining portion integrally joining the first actuator arm portion to the second actuator arm portion.

23. The method of claim 22, further including a step of bending the actuator arm-joining portion such that a major surface of the first actuator arm portion faces and is substantially parallel to a major surface of the second actuator arm portion.

24. The method of claim 22, further including a step of bending the first latch portion such that the first latch portion latches with the second latch portion.

25. The method of claim 22, wherein the stamping step creates a first through bore in the first actuator arm portion and a second through bore in the second actuator arm portion.

26. The method of claim 25, wherein after the bending step, the first through bore is configured to align with the second through bore and wherein the method further includes a step of fitting a collar within the first and second through bores to stiffen the actuator arm assembly.